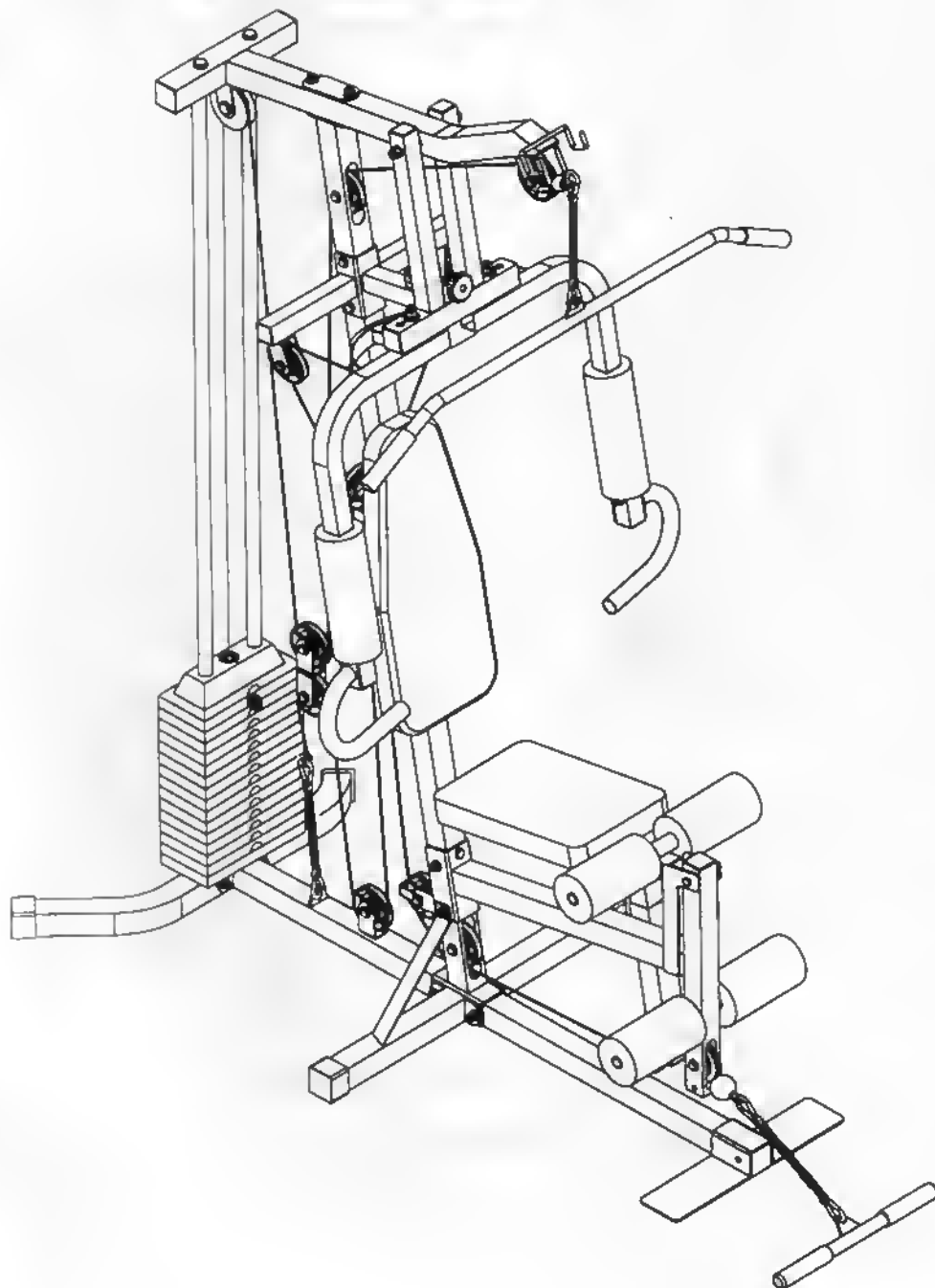




We meet all your fitness needs.



# STRENGTH TRAINER 200

persons over the age of 35 or persons with pre-existing health problems. Read all instructions in this manual before using this product. KEYS FITNESS assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

This Warranty applies only in the United States to products manufactured or distributed by Keys Fitness, Inc. under the Keys Fitness brand name.

Keys Fitness warrants that the Product you have purchased for non-commercial, personal, family, or household use from Keys Fitness or from an authorized Keys Fitness reseller is free from defects in materials or workmanship under normal use during the warranty period. Your sales receipt, showing the date of purchase of the product, is your proof of the date of purchase. This warranty extends only to you, the original purchaser. It is not transferable to anyone who subsequently purchases the Product from you. It excludes expendable parts. This Warranty becomes VALID ONLY if the Product is assembled / installed according to the instructions / directions included with the product.

To obtain warranty service, you must return the product and/or the defective part to Keys Fitness in its original container (or equivalent). You must pre-pay any shipping charges, export taxes, customs duties and taxes, or any other charges associated with transportation of the Product. In addition, you are responsible for insuring any Product shipped or returned. You assume the risk of loss during shipment. You must present Keys Fitness with proof-of-purchase documents (including the date of purchase). Any evidence of alteration, erasing or forgery of proof-of-purchase documents will be cause to void Warranty. This warranty covers only parts, not labor or receive charges for installation. This warranty does include wear and tear on all parts.

This Warranty does not extend to any Product not purchased from Keys Fitness or from an authorized Keys Fitness reseller. This warranty does not extend to any Product that has been damaged or rendered defective, (a) as a result of accident, misuse, or abuse, (b) by the use of parts not manufactured or sold by Keys Fitness, (c) by modification of the Product, (d) as a result of service by anyone other than Keys Fitness, or an authorized Keys Fitness warranty service provider. Should any product submitted for Warranty service be found to be ineligible, an estimate of repair cost will be furnished and the repair will be made if requested by you upon Keys Fitness receipt of payment or acceptable arrangement of payment.

EXCEPT AS EXPRESSLY SET FORTH IN THE WARRANTY KEYS FITNESS MAKES NO OTHER WARRANTIES, EXPRESSED OR IMPLIED INCLUDING ANY IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. KEYS FITNESS EXPRESSLY DISCLAIMS ALL WARRANTIES NOT STATED IN THIS WARRANTY. ANY IMPLIED WARRANTIES THAT MAY BE IMPOSED BY LAW ARE LIMITED TO THE TERMS OF THIS WARRANTY. NEITHER KEYS FITNESS NOR ANY OF ITS AFFILIATES SHALL BE RESPONSIBLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS OF THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATIONS OR EXCLUSION MAY NOT APPLY TO YOU. This Warranty gives you express warranty applicable to Keys Fitness branded products. Keys Fitness neither assumes nor authorizes anyone to assume for it any other express warranty.

Before returning a product you must call Keys Fitness at 1-888-340-0482 to obtain a Return Authorization Number. No returns will be accepted without the Return Authorization Number. Original purchaser must pre-pay all freight charges on warranty claims. Keys Fitness will not accept Freight Collect shipments or return shipments on freight collect basis.

You must fill out Warranty Registration Card completely, and return it to KEYS FITNESS within 30 days of purchase for this warranty to be valid. Be sure to include a copy of your original receipt.

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**PLEASE FILL OUT THE FOLLOWING AND RETURN TO:**  
**KEYS FITNESS PRODUCTS, L.P.**  
**P.O. BOX 551239**  
**DALLAS, TX 75355-1239**

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE(H) \_\_\_\_\_ (W) \_\_\_\_\_

ITEM PURCHASED \_\_\_\_\_ STORE NAME \_\_\_\_\_

PRICE \_\_\_\_\_

WARRANTY CARD \_\_\_\_\_ PURCHASE DATE \_\_\_\_\_

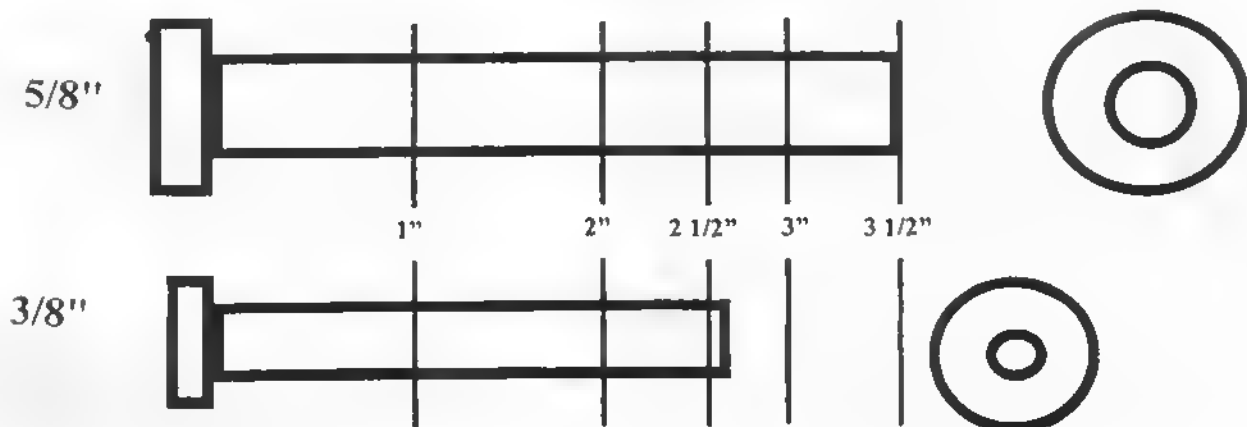
**WARNING:** Before beginning this or any exercise program consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions in this manual before using this product.

**KEYS FITNESS** assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

- 1 Inspect and tighten all parts each time you use the weight training system. Replace any worn parts by contacting your local dealer or KEYS FITNESS.
  - 2 Keep your hands and other parts of your body away from moving parts other than designed handles.
  - 3 Keep small children away from the weight system at all times.
  - 4 When adjusting seat height make sure the pin of the lock knob is in one of the holes in the seat post. If the pin is not in one of the seat post holes, the seat may slip during use causing serious injury.
  - 5 Never release the press arm, butterfly arms, leg lever, bars or straps while weights are raised. The weights will fall causing injury to yourself or the weight system.
  - 6 Check cables to ensure they remain on the pulleys as you use the weight system.
  - 7 If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
  - 8 **DO NOT PUT MORE THAN 250 LBS. OF WEIGHT ON WEIGHT PLATE SYSTEM.**
- ONLY TIGHTEN BOLT CONNECTIONS "FINGER TIGHT" UNTIL THE WEIGHT SYSTEM IS COMPLETELY ASSEMBLED UNLESS OTHER WISE TOLD TO DO SO IN INSTRUCTIONS.
  - Assembly requires two persons.
  - The following tools (not included) are required for assembly the Strength Trainer 200: two 8" adjustable wrenches, a 9/16" socket wrench, a 1/2" socket wrench, a rubber mallet, and a standard screwdriver.
  - Read each step in alphabetical order completely before proceeding. Do not skip ahead, it may result in mis-assembly which may damage the weight system.
  - Place all parts of the ST 200 in a cleared area and remove the packing material. Do not dispose of the packing materials until assembly is completed.

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## BOLT AND WASHER GUIDE



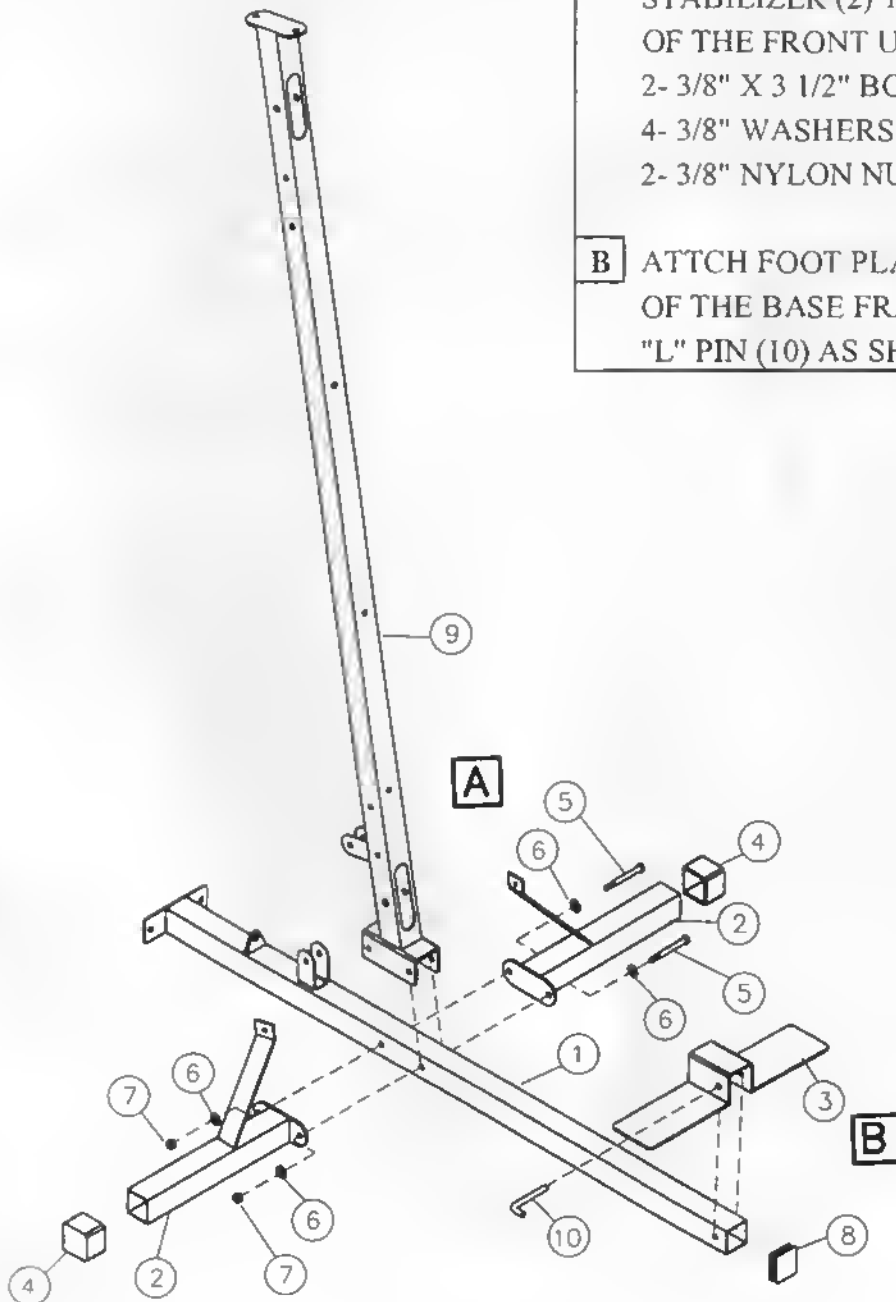
DIAGRAM#	PART NAME	SIZE	Q'TY
1	Main Base Frame		1
2	Front Stabilizer		2
3	Foot Plate		1
4	Square End Cap	2" x 2"	4
5	Hex Head Bolt	3/8" x 3 1/2"	2
6	Washer	3/8"	60
7	Nylon Nut	3/8"	28
8	Square End Plug	2" x 2"	4
9	Front Upright		1
10	"L" Pin		1
11	Top Frame		1
12	Rear Stabilizer		1
13	Steel Plate		1
14	Weight Rubber Bumper		2
15	§ 1" Chroming Tube		2
16	Guide Pin		1
17	Weight Stack		15
18	Selection Pin		1
19	Hex Head Bolt	3/8" x 3"	8
20	Bolt	1/4" x 3/4"	2
21	Washer	1/4"	2
22	Support Tube		1
23	Stop Bumper		1
24	Hex Head Bolt	15.8 x 10 x 23	1
25	Square End Plug	1 1/2" x 1 1/2"	10
26	Hex Head Bolt	5/16" x 1 3/4"	1
27	Washer	5/16"	10
28	Nylon Nut	5/16"	5
29	Bolt	3/8" x 1"	3
30	Hex Head Bolt	3/8" x 2 3/8"	4
31	Back Pad		1
32	Seat Pad		1
33	Seat Brace		1

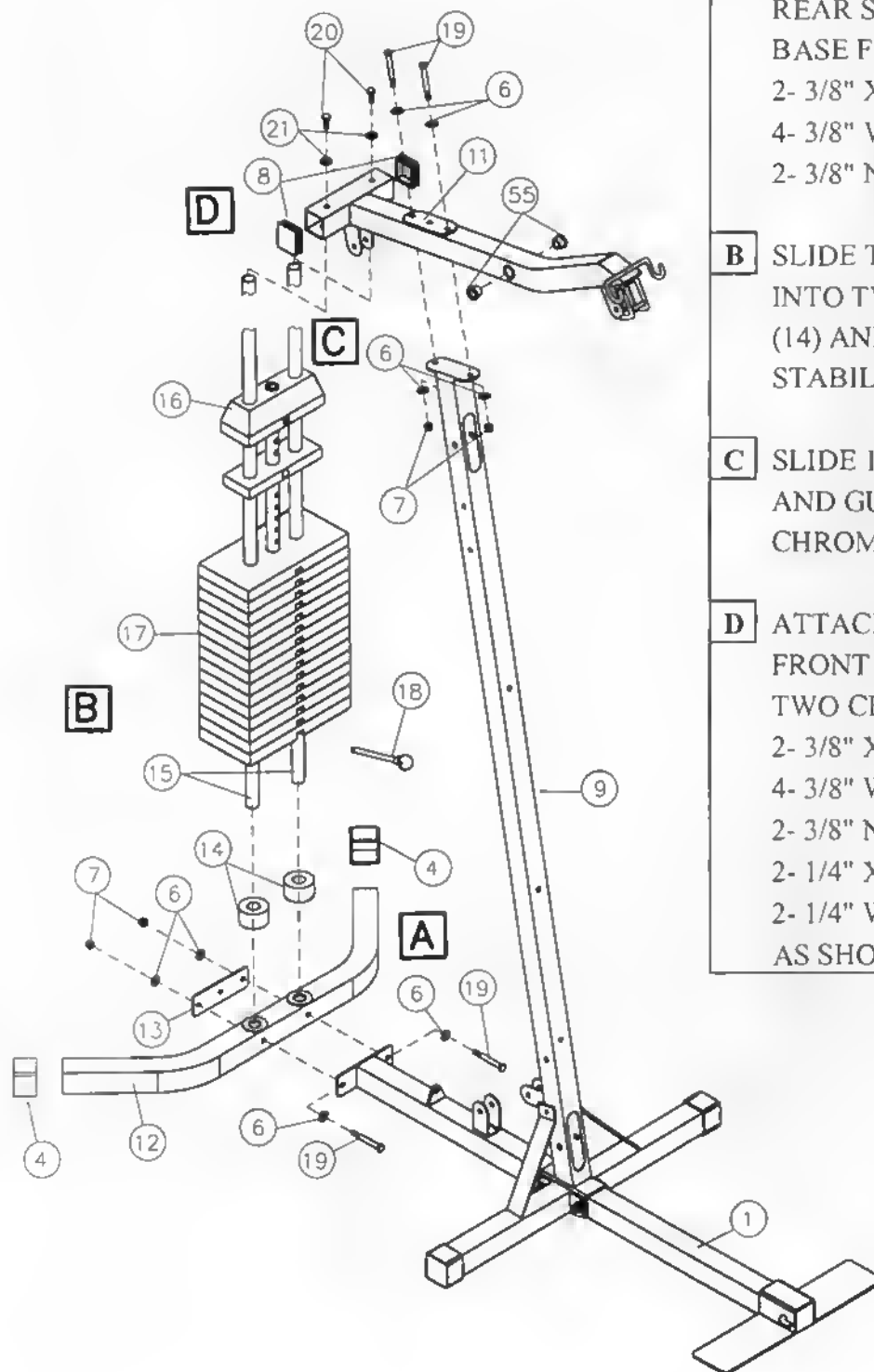
DIAGRAM#	PART NAME	SIZE	Q'TY
34	Seat Support		1
35	Pad Tube		2
36	Foam Roller	4" x 7 1/2"	4
37	Hex Head Bolt	3/8" x 3 3/8"	1
38	Hex Head Bolt	3/8" x 2 3/4"	1
39	Hex Head Bolt	3/8" x 2"	12
40	Spring Knob		1
41	End Plug	1 3/4" x 1 3/4"	3
42	Metal Bushing	10 x 16 x 20	2
43	End Plug	ϕ 1"	4
44	Leg Extension Tube		1
45	Press Support		1
46	Right Press / Pec Dec Arm		1
47	Left Press / Pec Dec Arm		1
48	Right Hander Bar		1
49	Left Hander Bar		1
50	Big Foam Roller		2
51	Bolt	5/16" x 2 1/8"	4
52	End Plug	ϕ 1 1/2"	2
53	Pivot	5/8" x 1/2" x 7" L	1
54	"L" Pin	3/8" x 5"	2
55	Metal Bushing	28.6 x 22.2 x 12.7	6
56	Threaded Knob		1
57	Nylon Nut	1/2"	4
58	Washer	1/2"	4
59	Pulley		13
60	Single Side Pulley Bracket		1
61	2 Sides Pulley Bracket		1
62	Lat Bar		1
63	Hand Grip	1" x 130 m/m	4
64	Safety Hook		6
65	Short Chain		2
66	Cable	135" L w/threaded	1

DIAGRAM#	PART NAME	SIZE	Q'TY
67	Cable	95 3/4" L	1
68	Bolt	3/8" x 2 5/8"	2
69	Metal Spacer	12.7 x 1.0 x 10	6
70	"L" Plate		1
71	Long Chain		1
72	Curl Bar		1
73	Cable	133"	1
74	Weight Sticker		1
75	Hand Strap		1
76	Ankle Strap		1

**A** ATTACH FRONT UPRIGHT (9)  
 ONTO MAIN BASE FRAME (1)  
 ATTACH TWO PCS FRONT  
 STABILIZER (2) TO BRACKET  
 OF THE FRONT UPRIGHT (9) USING  
 2- 3/8" X 3 1/2" BOLTS  
 4- 3/8" WASHERS  
 2- 3/8" NYLON NUTS

**B** ATTCH FOOT PLATE (3) ONTO TOP  
 OF THE BASE FRAME (1) INSERT  
 "L" PIN (10) AS SHOWN.





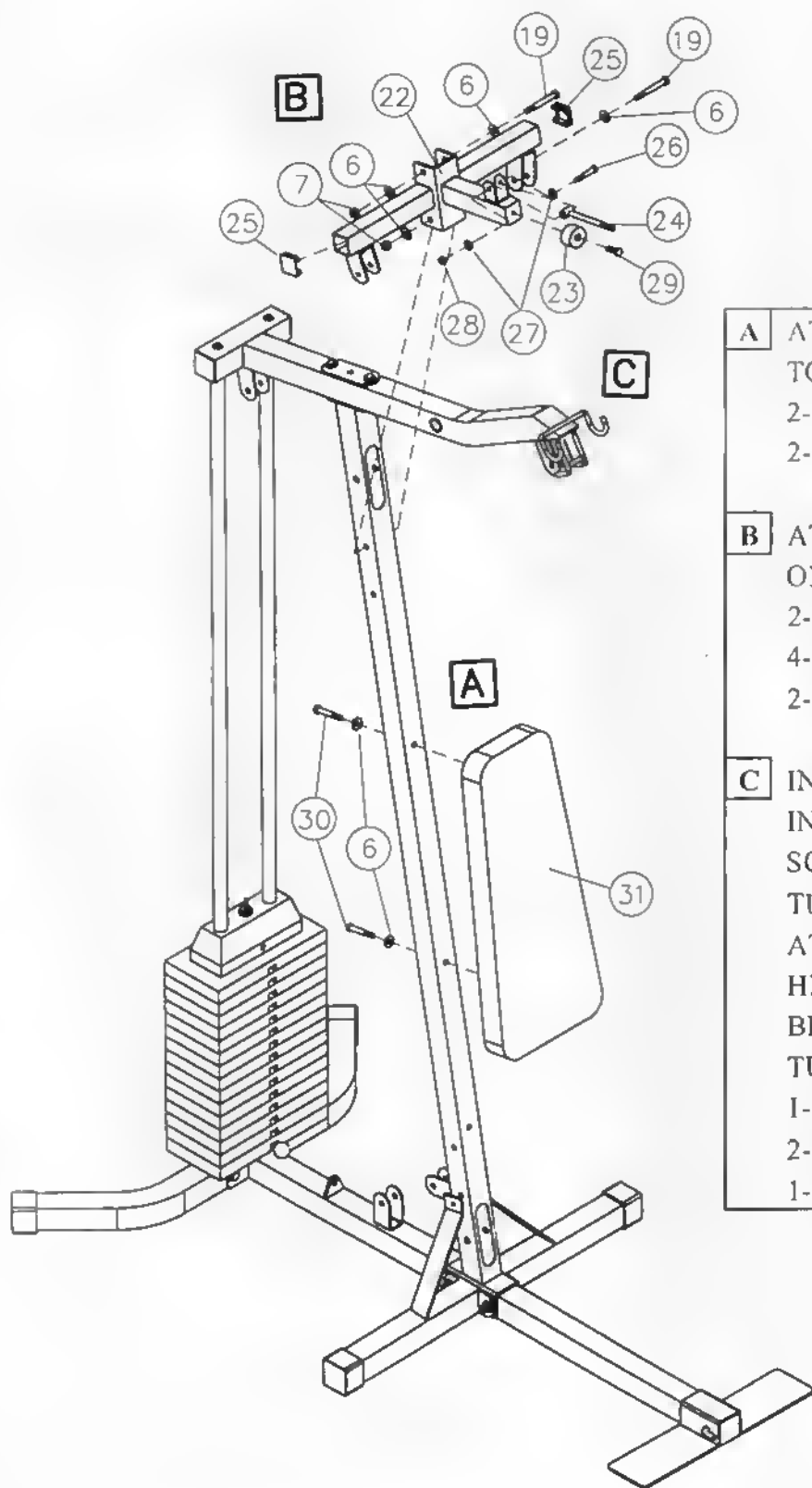
**A** ATTACH STEEL PLATE (13) AND REAR STABILIZER (12) TO MAIN BASE FRAME (1) USING  
2- 3/8" X 3" BOLTS  
4- 3/8" WASHERS  
2- 3/8" NYLON NUTS

**B** SLIDE TWO CHROME TUBES (15) INTO TWO RUBBER BUMPERS (14) AND HOLE OF THE REAR STABILIZER (12)

**C** SLIDE 15 WEIGHT STACKS (17) AND GUIDE PIN (16) ONTO CHROME TUBE (15)

**D** ATTACH TOP FRAME (11) TO FRONT UPRIGHT (9) AND ONTO TWO CHROME TUBE (15) USING.  
2- 3/8" X 3" BOLTS  
4- 3/8" WASHERS  
2- 3/8" NYLON NUTS  
2- 1/4" X 3/4" BOLTS  
2- 1/4" WASHERS  
AS SHOWN.





**A** ATTACH BACK PAD (31)  
TO FRONT UPRIGHT, USING  
2- 3/8" X 2 3/8" BOLTS  
2- 3/8" WASHERS

**B** ATTACH SUPPORT TUBE (22)  
ONTO FRONT UPRIGHT, USING  
2- 3/8" X 3" BOLTS  
4- 3/8" WASHERS  
2- 3/8" NYLON NUTS

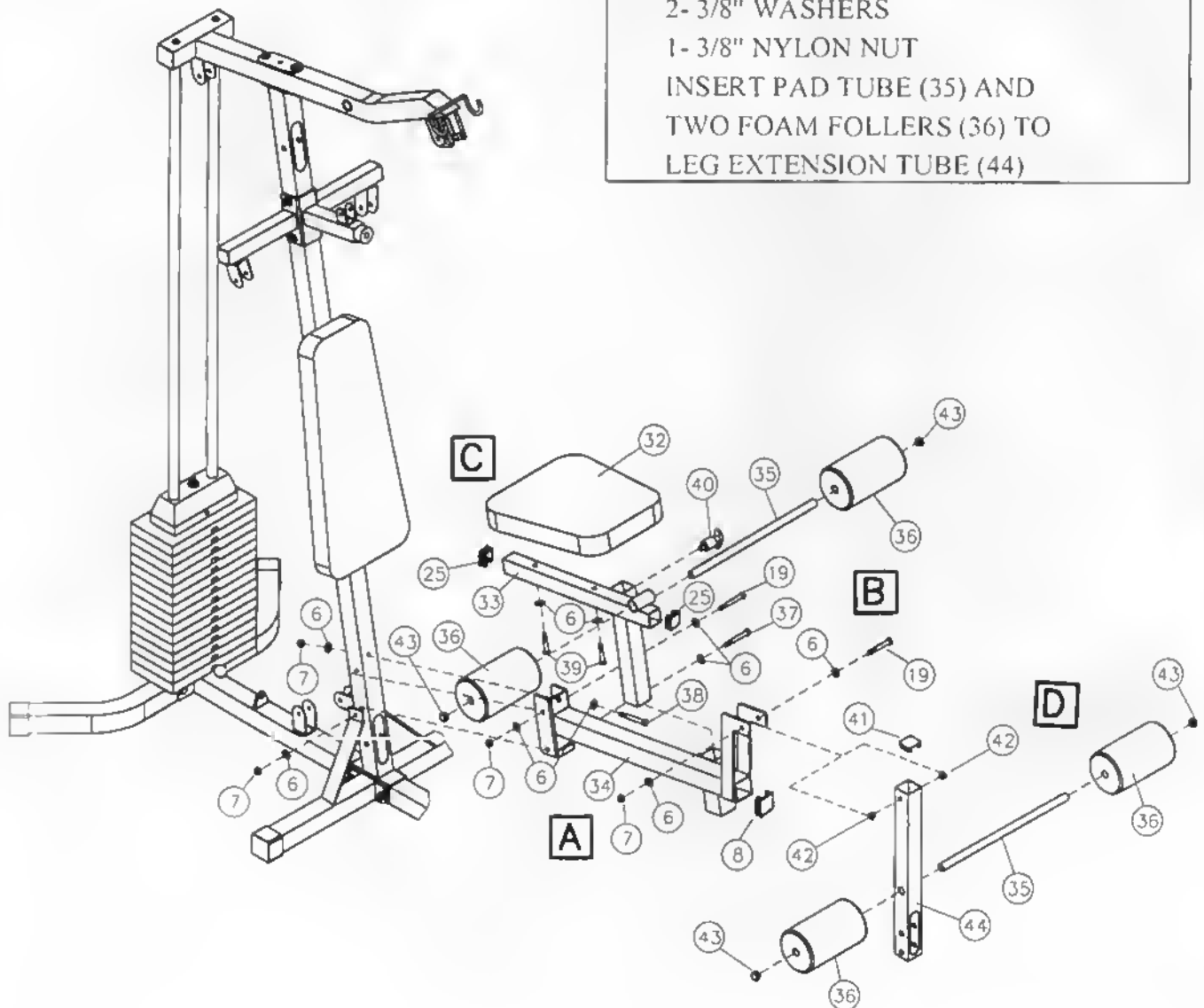
**C** INSERT 3/8" X 1" BOLT (29)  
INTO STOP BUMPER (23),  
SCREW TIGHT INTO SUPPORT  
TUBE (AS SHOWN),  
ATTACH 15.8 X 10 X 2.3  
HEX BOLT (24) INTO THE  
BRACKET OF THE SUPPORT  
TUBE (22) USING  
1- 5/16" X 1 3/4" BOLT  
2- 5/16" WASHERS  
1- 5/16" NYLON NUT

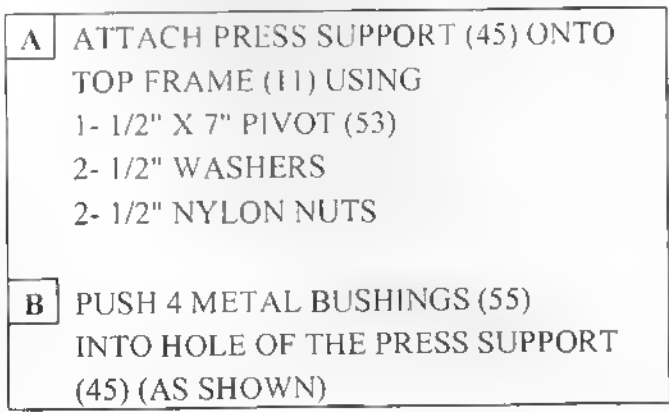
- A** ATTACH SEAT SUPPORT (34) TO FRONT UPRIGHT (9) USING  
 1- 3/8" X 3" BOLT  
 1- 3/8" X 3 3/8" BOLT  
 1- 3/8" X 2 3/4" BOLT  
 6- 3/8" WASHERS  
 3- 3/8" NYLON NUTS

- B** SLIDE SEAT BRACE (33) INTO SEAT SUPPORT (34) USING  
 1- SPRING KNOB (40)

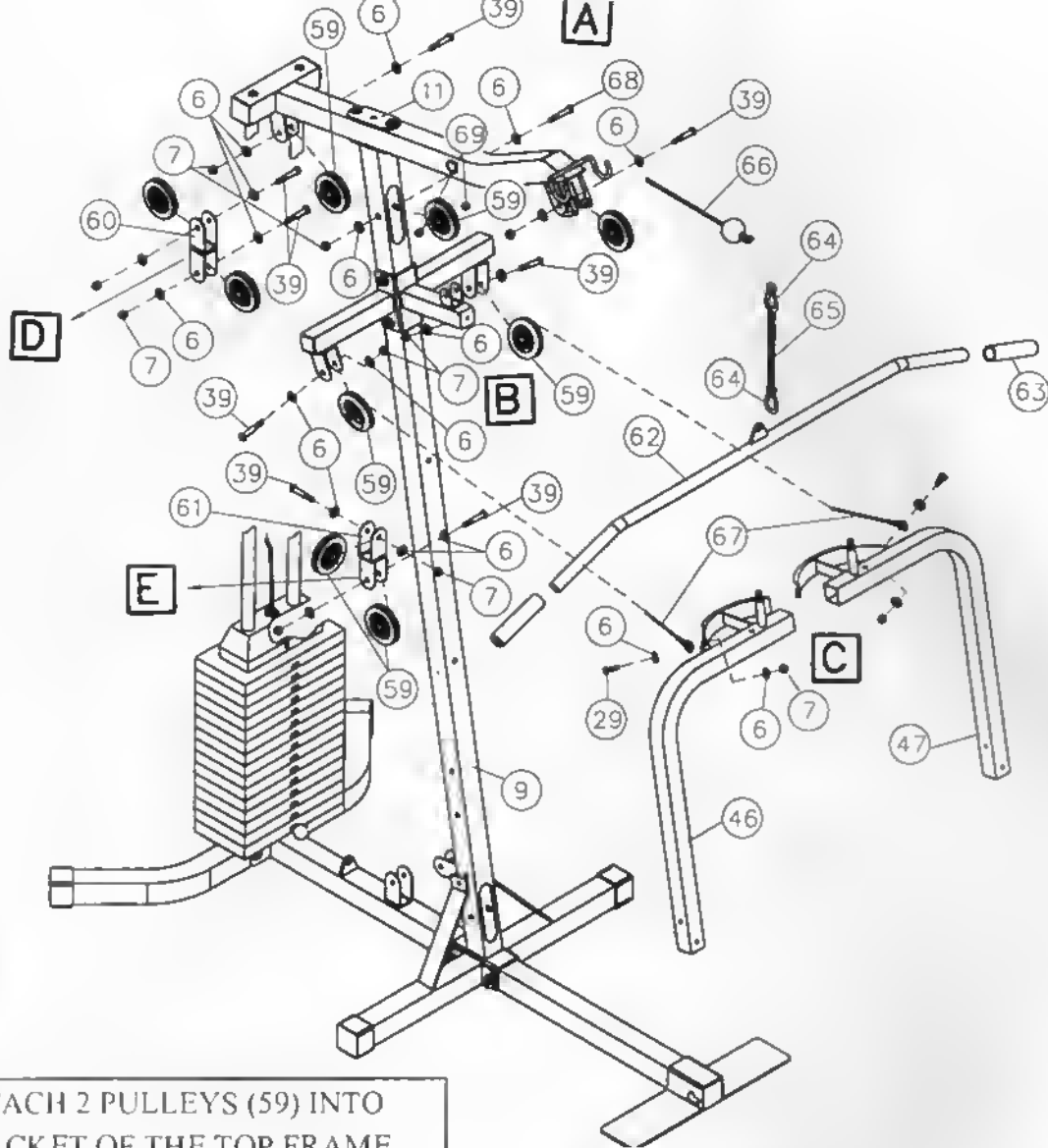
- C** ATTACH SEAT PAD (32) TO SEAT BRACE (33) USING  
 2- 3/8" X 2" BOLTS  
 2- 3/8" WASHERS  
 INSERT PAD TUBE (35) INTO BRACKET OF THE SEAT BRACE(33)  
 PRESS TWO FOAM ROLLERS (36)

- D** ATTACH LEG EXTENSION TUBE (44) TO BRACKET OF THE SEAT SUPPORT (34) USING  
 2- METAL BUSHINGS (42)  
 1- 3/8" X 3" BOLT  
 2- 3/8" WASHERS  
 1- 3/8" NYLON NUT  
 INSERT PAD TUBE (35) AND TWO FOAM FOLLERS (36) TO LEG EXTENSION TUBE (44)





- C** ATTACH THE THREADED BOLT OF THE PRESS / PEC DEC ARMS (46) (47) INTO THE METAL BUSHINGS (55) AND PRESS SUPPORT (45) USING
- 2- 1/2" WASHERS
  - 2- 1/2" NYLON NUTS
  - 2- "L" PINS (54)
- AND SCREW THREADED KNOB (56) ONTO BOLT (24) 15.8 X 10 X 23
- D** PRESS TWO BIG FOAM ROLLERS (50) ONTO PRESS ARMS (46) (47) AND ATTACH RIGHT / LEFT HANDER BARS (48) (49) TO PRESS ARMS. USING
- 4- 5/16" X 2 1/8" BOLTS
  - 8- 5/16" WASHERS
  - 4- 5/16" NYLON NUTS



**A** ATTACH 2 PULLEYS (59) INTO BRACKET OF THE TOP FRAME (11) USING

2- 3/8" X 2" BOLTS  
4- 3/8" WASHERS  
2- 3/8" NYLON NUTS

**B** ATTACH 1 PULLEY (59) INTO TOP OF THE UPRIGHT (9) USING  
2- SPACERS 12.7 X 1.0 X 10  
1- 3/8" X 2 5/8" BOLT  
2- 3/8" WASHERS  
1- 3/8" NYLON NUT  
ATTACH 2 PULLEYS (59) INTO PEC DEC SUPPORT TUBE (22) USING

2- 3/8" X 2" BOLTS  
4- 3/8" WASHERS  
2- 3/8" NYLON NUTS

**C** ATTACH CABLE 95 3/4" L (67) TO PRESS / PEC DEC ARM (46) (47) USING  
2- 3/8" X 1" BOLTS  
4- 3/8" WASHERS  
2- 3/8" NYLON NUTS

**D** ATTACH TWO PULLEYS (59) TO SINGLE SIDE PULLEY BRACKET (60) USING  
2- 3/8" X 2" BOLTS  
4- 3/8" WASHERS  
2- 3/8" NYLON NUTS

**E** ATTACH TWO PULLEYS (59) TO 2 SIDES PULLEY BRACKET (61) USING  
2- 3/8" X 2" BOLTS  
4- 3/8" WASHERS  
2- 3/8" NYLON NUTS

**A** ATTACH ONE PULLEY (59) INTO  
LEG EXTENSION TUBE (44) USING  
2- METAL SPACERS 12.7 X1.0 X10 (69)  
2- 3/8" X 2 3/8" BOLTS  
4- 3/8" WASHERS  
2- 3/8" NYLON NUTS

**B** ATTACH PULLEYS (59) TO MAIN BASE  
FRAME, USING  
1- 3/8" X 2" BOLT  
2- 3/8" WASHERS  
1- 3/8" NYLON NUT

**C** ATTACH TWO PULLEYS (59) TO UPRIGHT  
USING  
1- 3/8" X 2" BOLT (39)  
1- "L" PLATE  
1- 3/8" X 2 5/8" BOLT (68)  
2- METAL SPACERS (69)  
4- 3/8" WASHERS  
2- 3/8" NYLON NUTS (AS SHOWN)

